

ABSTRACT

Disclosed is a multipurpose exerciser comprising an upright frame, a top pulley on the frame, a steel rope to run the top pulley, a plurality of stacked
5 blocks of weight fastened at one end of the steel rope, a lower pulley with the other end of the steel rope passed, a pair of first C-shaped tubes coupled to the other end of the steel rope, a pair of second C-shaped tubes, and a chain having both ends coupled to the
10 second C-shaped tubes respectively and a midpoint fastened at the floor. Two or more of the legs and the arms are adapted to pass two or more of the tubes for achieving two or more of the purposes including contracting the abdominal muscles and training the
15 arms, the legs, and the back muscles.